



## HEALTHY WEIGHT PLAN DAY 1

### BREAKFAST

#### Oatmeal Breakfast

8 oz. *Low Sodium V8*® 100% Vegetable Juice  
(with breakfast or as a mid-morning snack)

Mix 1 tbsp. raisins, 1 tbsp. dried cranberries, and 1 tsp. brown sugar into 1 cup cooked oatmeal. Top with ½ cup flavored light yogurt.

### LUNCH

#### Grilled Chicken & Pasta Salad Bar

2 cups leafy salad greens  
½ cup total chopped raw vegetables (cucumbers, tomatoes, green peppers, onions and carrots)  
2 oz. grilled skinless chicken breast  
¼ cup cooked pasta, 2 tbsp. kidney or garbanzo beans  
2 tbsp. light Italian dressing  
½ cup grapes

### SNACK

#### Veggie Snack

½ cup each carrot and celery sticks

### DINNER

#### Take-Out Turkey Sub & Chips

6" sub roll filled with 2 oz. sliced turkey breast ½ cup total vegetables (shredded lettuce, tomatoes, green peppers and onions) and 2 tsp. mustard  
1 cup baked potato chips

### SNACK

#### Fruity Frozen Yogurt Shake

Blend together 1½ cups vanilla fat-free frozen yogurt and ¼ cup sliced strawberries.

**Calculated Nutrition:** 1265 Calories, Total Fat 19g, Saturated Fat 3g, Cholesterol 101mg, Sodium 1635mg, Total Carbohydrates 201g, Dietary Fiber 19g, Protein 73g



## HEALTHY WEIGHT PLAN DAY 2

### BREAKFAST

#### Cereal Breakfast

8 oz. *Essential Antioxidants V8*® Vegetable Juice  
(with breakfast or as a mid-morning snack)

1 cup ready-to-eat whole grain cereal  
1 small banana, sliced  
1 cup fat-free milk

### LUNCH

#### Tuna Fish Salad Bar

2 cups leafy salad greens  
½ cup total chopped raw vegetables (cucumbers, tomatoes, green peppers, onions and carrots)  
2 oz. tuna fish canned in water, low sodium, drained  
¼ oz. sunflower seeds  
1 tbsp. olive oil, 1 tbsp. balsamic vinegar  
1 small whole grain roll (1 oz.)

### SNACK

#### Chocolate Pudding

4 oz. cup fat-free chocolate pudding snack

### DINNER

#### Tomato Soup & Grilled Cheese

1 cup prepared *Campbell's*® *Healthy Request*® Tomato soup  
2 slices *Pepperidge Farm*® Stone Ground 100% Whole Wheat bread  
2 oz. low-fat American cheese  
2 medium slices tomato  
2 tsp. soft light margarine

### SNACK

#### V8 V-Fusion® Juice

8 oz. *V8 V-Fusion*® Strawberry Banana juice

**Calculated Nutrition:** 1284 Calories, Total Fat 37g, Saturated Fat 9g, Cholesterol 38mg, Sodium 1442mg, Total Carbohydrates 190g, Dietary Fiber 20g, Protein 55g



## HEALTHY WEIGHT PLAN DAY 3

### BREAKFAST

#### On-the-Go Breakfast Bar

8 oz. *Low Sodium V8*® 100% Vegetable Juice  
(with breakfast or as a mid-morning snack)  
1 breakfast cereal bar (≤160 calories)  
6 oz. flavored light yogurt

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### LUNCH

#### Chicken Noodle Soup & Open-faced Turkey Sandwich

1 cup prepared *Campbell's*® *Healthy Request*® Chicken Noodle soup  
Spread 1 slice *Pepperidge Farm*® 100% Natural Whole Grain bread with 2 tsp. light mayonnaise; Top with 2 oz. sliced turkey breast, 2 slices tomato and ¼ cup sprouts.  
1 small orange

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### SNACK

#### Pineapple

1 snack container (4 oz.) pineapple chunks

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### DINNER

#### Veggie Pasta

1 cup cooked whole wheat pasta topped with ½ cup *Prego*® Tomato, Basil & Garlic pasta sauce, ½ cup total vegetables (cooked mushrooms, onions, peppers), and ½ cup shredded mozzarella cheese

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### SNACK

#### Cottage Cheese & Almonds

½ cup low-fat cottage cheese  
½ oz. almonds (12 whole almonds)

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**Calculated Nutrition:** 1188 Calories, Total Fat 29g, Saturated Fat 8g, Cholesterol 86mg, Sodium 2052mg, Total Carbohydrates 168g, Dietary Fiber 24g, Protein 74g



## HEALTHY WEIGHT PLAN DAY 4

### BREAKFAST

#### Fruited English Muffin

8 oz. *Low Sodium V8*® Vegetable Juice  
(with breakfast or as a mid-morning snack)  
1 *Pepperidge Farm*® whole grain English muffin, toasted and topped with 2 tsp. light margarine and 2 tsp. sugar-free jelly.  
1 cup fat-free milk

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### LUNCH

#### Chicken Caesar Salad

2 cups romaine lettuce  
2 tbsp. grated Parmesan  
½ cup cooked pasta  
2 oz. sliced, grilled skinless chicken breast  
2 tbsp. reduced-calorie Caesar dressing  
1 small apple

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### SNACK

#### Graham Crackers

1 large rectangular graham cracker

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### DINNER

#### Chili & Vegetables

*Campbell's*® 2-Bean Chili\*  
½ cup cooked peas and corn topped with 1 tsp. soft light margarine

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### SNACK

#### Fruit & Yogurt

Stir ½ cup blueberries into 6 oz. flavored light yogurt.

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**Calculated Nutrition:** 1263 Calories, Total Fat 30g, Saturated Fat 9g, Cholesterol 111mg, Sodium 1947mg, Total Carbohydrates 178g, Dietary Fiber 25g, Protein 78g



## HEALTHY WEIGHT PLAN DAY 5

### BREAKFAST

#### **Peanut Butter & Banana Bagel**

8 oz. *Spicy Hot V8*® Vegetable Juice  
(with breakfast or as a mid-morning snack)  
*Pepperidge Farm*® whole wheat mini bagel topped with  
1 tbsp. peanut butter and 1 small sliced banana.

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### LUNCH

#### **Turkey Salad**

2 cups leafy salad greens  
½ cup total chopped raw vegetables (cucumbers, tomatoes,  
green peppers, onions and carrots)  
2 oz. sliced turkey breast  
2 tbsp. kidney or garbanzo beans  
1 tbsp. olive oil, 1 tbsp. balsamic vinegar

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### SNACK

#### **Fruit & Cheese**

1 small orange  
1 oz. mozzarella cheese stick

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### DINNER

#### **Veggie Pizza & Chips**

1 slice (⅛ of 16") thin crust cheese pizza topped with extra  
veggies: ¼ cup cooked mixed vegetables  
1 cup baked potato chips

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### SNACK

#### **Frozen Yogurt Dessert**

1 cup fat-free frozen yogurt

**Calculated Nutrition:** 1265 Calories, Total Fat 44g, Saturated Fat 12g,  
Cholesterol 79mg, Sodium 2005mg, Total Carbohydrates 162g, Dietary  
Fiber 17g, Protein 61g



## HEALTHY WEIGHT PLAN DAY 6

### BREAKFAST

#### **Bagel & Cream Cheese**

8 oz. *Low Sodium V8*® Vegetable Juice  
(with breakfast or as a mid-morning snack)  
*Pepperidge Farm*® whole wheat mini bagel  
1 tbsp. cream cheese  
6 oz. flavored light yogurt

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### LUNCH

#### **Chicken Rice Soup & Hummus**

1 cup prepared *Campbell's*® *Healthy Request*® Chicken Rice  
soup  
¼ cup plain hummus  
½ cup each sliced carrot & sliced cucumber  
1 oz. mozzarella cheese stick

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### SNACK

#### **V8 V-Fusion® Juice**

8 oz. *V8 V-Fusion*® Tropical Orange juice

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### DINNER

#### **Fast Food Burger**

1 regular fast food hamburger  
1 cup garden side salad  
1 tsp. low-fat Italian dressing

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### SNACK

#### **Milk & Fruit**

1 cup fat-free milk  
1 small banana, sliced

**Calculated Nutrition:** 1164 Calories, Total Fat 31g, Saturated Fat 12g,  
Cholesterol 71mg, Sodium 2167mg, Total Carbohydrates 171g, Dietary  
Fiber 19g, Protein 54g



## HEALTHY WEIGHT PLAN DAY 7

### BREAKFAST

#### Blueberry Waffles

8 oz. Essential Antioxidants V8® 100% Vegetable Juice  
(with breakfast or as a mid-morning snack)  
2 whole grain waffles (4" diameter each) topped with  
2 tsp. light margarine, 2 tbsp. sugar-free syrup, and ½ cup  
blueberries  
1 cup fat-free milk

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### LUNCH

#### Vegetarian Salad Bar

2 cups leafy salad greens  
½ cup total chopped raw vegetables  
(cucumbers, tomatoes, green peppers, onions and carrots)  
2 tbsp. kidney or garbanzo beans  
¼ cup peas and/or corn  
2 tbsp. shredded cheddar cheese  
1 tbsp. olive oil, 1 tbsp. vinegar

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### SNACK

#### Granola Bar

1 oz. low-fat granola bar

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### DINNER

#### Chinese Take-Out

Steamed entrée:  
1 cup steamed vegetables  
3 oz. steamed sliced chicken breast  
1 cup steamed rice (brown or white)  
1 tbsp. light soy sauce

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### SNACK

#### Fruit & Yogurt

6 oz. flavored light yogurt topped with ½ cup blueberries

**Calculated Nutrition:** 1250 Calories, Total Fat 42g, Saturated Fat 13g, Cholesterol 169mg, Sodium 2113mg, Total Carbohydrates 168g, Dietary Fiber 20g, Protein 70g



## HEALTHY WEIGHT PLAN DAY 8

### BREAKFAST

#### Egg Breakfast

8 oz. V8® 100% Vegetable Juice  
(with breakfast or as a mid-morning snack)  
1 egg or 2 egg whites scrambled using vegetable cooking  
spray topped with 2 tbsp. cheddar cheese.  
2 slices whole grain toast topped with 2 tsp. soft light  
margarine.  
1 cup fat-free milk

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### LUNCH

#### Minestrone Soup

1 serving *Campbell's® Select Harvest®* Light Minestrone  
with Whole Grain Pasta soup  
5 whole grain crackers  
½ cup carrot and celery sticks with  
1 tbsp. light ranch dressing for dipping

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### SNACK

#### Yogurt

6 oz. flavored light yogurt  
1 small apple

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### DINNER

#### Fine Dining

2 oz. grilled salmon  
1 medium baked potato  
1 tsp. light margarine  
½ cup steamed broccoli

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### SNACK

#### Popcorn

3 cups plain popcorn, air-popped

**Calculated Nutrition:** 1121 Calories, Total Fat 35g, Saturated Fat 9g, Cholesterol 273mg, Sodium 1878mg, Total Carbohydrates 148g, Dietary Fiber 23g, Protein 56g



## HEALTHY WEIGHT PLAN

### A Note on Beverages...

Drinking at least 8 glasses of fluid each day is important for good health and can also help with weight loss. Not all eating occasions on the V8 Weight Management plan contain a beverage. It's a good idea to include one with every meal. Below is a list of acceptable beverages for meal times, or whenever you want something to drink.

#### BEVERAGE CHOICES ON THE V8 HEALTHY WEIGHT PLAN

##### Unlimited servings per day:

- Water, tap or spring
- Diet soft drink
- Carbonated, mineral or seltzer water
- Club soda
- Other beverages with less than 5 calories per serving

##### Limited to a total of 3 servings per day:

- Diet *V8 Splash*<sup>®</sup> Juice Drink
- Coffee or tea with low-calorie sweetener and/or 1 tbsp. low-fat or fat-free milk
- Other beverages with less than 20 calories per serving

#### WOULD YOU LIKE TO ADD MORE FOOD TO THIS PLAN?

You can add any of these low-calorie options to your meals or your between-meal snacks.

- 1 cup lettuce, salad greens
- 1 cup of raw spinach
- 1 stalk celery
- Radishes
- Wine vinegar
- Balsamic vinegar
- Herbs and spices



## HEALTHY WEIGHT PLAN

### Campbell's Kitchen<sup>SM</sup> Recipes

Try these delicious recipes to help manage your weight.

#### DIET *V8 SPLASH*<sup>®</sup> FUNSICLES

Prep Time: 10 minutes

Freeze Time: About 4 hours

##### Ingredients:

- 1 cup vanilla no-sugar-added ice cream
- 6 (3-oz.) plastic cups
- 6 craft sticks
- 1 ½ cups *V8 Diet Splash*<sup>®</sup> Tropical Blend, Berry Blend or Strawberry Kiwi

##### Directions:

**PLACE** a small scoop 2 heaping tbsp. ice cream into each plastic cup. Insert a craft stick.

**FILL** almost to top with tropical blend. Freeze until firm. Makes 6.

**TIP:** To remove funsicles easily from cups, let stand at room temperature a few minutes. Or place under cold running water for a few seconds.

For Fruity *V8 Diet Splash*<sup>®</sup> Funsicles, add frozen or fresh blueberries to cups.



## HEALTHY WEIGHT PLAN

Campbell's Kitchen<sup>SM</sup> Recipes

### CAMPBELL'S 2-BEAN CHILI

Prep/Cook Time: 25 minutes

#### Ingredients:

1 lb. ground beef  
1 large green pepper, chopped  
1 large onion, chopped  
2 tbsp. chili powder  
¼ tsp. ground black pepper  
3 cups Campbell's<sup>®</sup> Tomato Juice  
1 can (about 15 oz.) kidney beans, rinsed and drained  
1 can (about 15 oz.) Great Northern beans, rinsed and drained  
Sour cream, sliced green onion, shredded cheddar cheese, chopped tomato

#### Directions:

**COOK** beef, green pepper, onion, chili powder and black pepper in skillet until browned.  
Pour off fat.

**ADD** tomato juice and beans and heat through.

**TOP** with sour cream, green onions, cheese and tomato.  
Serves 6.

